



Asparagus and Crab Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds asparagus spears fresh trimmed
- ☐ 0.5 pound bacon strips diced
- ☐ 1 clove garlic minced
- ☐ 1 pint grape tomatoes
- ☐ 4 hearts of palm drained sliced
- ☐ 1 pound imitation crabmeat flaked
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 3 tablespoons olive oil extra-virgin

☐ 10 servings salt and pepper to taste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat an oven to 430 degrees F (225 degrees C).
- ☐ Toss the asparagus, tomatoes, and olive oil together in a bowl until the vegetables are evenly coated; season with salt and pepper.
- ☐ Pour into a baking dish; sprinkle 1 minced clove of garlic over the mixture.
- ☐ Roast in the preheated oven until tender, about 9 minutes. Set aside to cool.
- ☐ Cut the asparagus into 2 inch pieces.
- ☐ Cook the bacon in a large, deep skillet over medium-high heat until crisp, about 10 minutes.
- ☐ Remove the bacon to a plate lined with paper towels, reserving 2 tablespoons of the bacon drippings in the skillet.
- ☐ Add the crabmeat to the hot bacon drippings and cook until warmed through, 2 to 3 minutes.
- ☐ Transfer to a large mixing bowl; add the asparagus, tomatoes, and hearts of palm.
- ☐ Whisk the lemon juice, olive oil, and 1 minced clove garlic together in a small bowl; season with salt and pepper.
- ☐ Pour the dressing over the salad and toss to coat.
- ☐ Sprinkle the bacon over the salad just before serving.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:10.606956481934%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.97mg, Quercetin: 12.97mg, Quercetin: 12.97mg, Quercetin: 12.97mg

Nutrients (% of daily need)

Calories: 204.84kcal (10.24%), Fat: 13.41g (20.64%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 11.05g (4.02%), Sugar: 4.59g (5.1%), Cholesterol: 19.96mg (6.65%), Sodium: 603.25mg (26.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Vitamin K: 44.01µg (41.91%), Vitamin A: 1088.86IU (21.78%), Vitamin C: 12.85mg (15.57%), Vitamin B1: 0.21mg (14.09%), Folate: 54.98µg (13.74%), Vitamin E: 1.99mg (13.26%), Iron: 2.2mg (12.23%), Fiber: 2.99g (11.97%), Copper: 0.21mg (10.65%), Vitamin B3: 2.09mg (10.44%), Manganese: 0.21mg (10.28%), Potassium: 351.9mg (10.05%), Selenium: 6.69µg (9.56%), Vitamin B6: 0.19mg (9.45%), Phosphorus: 92.45mg (9.24%), Vitamin B2: 0.16mg (9.22%), Zinc: 0.86mg (5.72%), Magnesium: 20.93mg (5.23%), Vitamin B5: 0.42mg (4.22%), Calcium: 28.6mg (2.86%), Vitamin B12: 0.11µg (1.89%)